

Better Habits


Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

We're ringing in the new year with a campaign that spotlights a tried-and-true framework on changing behaviour in order to build habits that stick. By following these four simple steps, individuals will be able to stay motivated to create lasting change without feeling overwhelmed.




How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 5 January 2026


English

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<p>👉 Ready to build habits that actually stick this year? All it takes is the right approach to make it easier.</p> <p>Staying consistent is something most of us struggle with, and that's why our wellbeing benefit, Intellect, is sharing the 4 Laws of Behaviour Change to help you to start off the year on the right foot. These practical strategies will allow you to stay motivated, keep your momentum, and celebrate your progress along the way.</p> <p>Stay on track with platform content such as Building Healthy Habits and Overcoming Distractions!</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>On Web</p> <ol style="list-style-type: none"> 1. Visit app.intellect.co (please hyperlink here) 2. Enter access code CODE*/ Click "Continue with SSO"*** 3. Create your account using your work email address <p>On App</p> <ol style="list-style-type: none"> 1. Select 'I'm new here', then 'With your organisation' 2. Use the code CODE*/ Click "Continue with SSO"*** 3. Sign up using your work email address <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version GIF version</p>  <p>Take the first step towards your best self today. app.intellect.co</p>

Simplified Chinese




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<p> 准备好在今年养成真正能坚持下去的习惯了吗？方法用对了，这件事其实很简单。</p> <p>坚持一直是大多数人面临的难题，因此我们的心理健康福利 Intellect 分享了“行为改变的四大法则”，帮助你以正确的方式开启新的一年。这些实用的策略能让你保持动力、不断前进，并在整个过程中为自己的进步喝彩。</p> <p>别忘了浏览平台内容，例如《建立健康习惯》和《克服分心》，帮你一路保持状态！</p> <p>如果还没有用过 Intellect，请立即在 桌面/移动设备 上用它来开始预约 辅导、关怀或整体健康 课程。</p> <p> 桌面版</p> <ol style="list-style-type: none">1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”2. 输入访问代码 CODE* / “使用 SSO 登入”**3. 使用工作邮箱创建账户 <p> 移动应用程序</p> <ol style="list-style-type: none">1. 选择“我是新用户”，然后选择“以组织身份加入”2. 输入访问代码 CODE* / 点击“使用 SSO 登入”**3. 使用工作邮箱注册 <p>*请使用贵公司/机构的唯一访问代码</p> <p>**仅适用于已启用单点登录 (SSO) 的公司/机构</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Traditional Chinese


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<p> 準備好在今年建立真正能持續的好習慣了嗎？只要方法用對，其實會容易很多。</p> <p>難以堅持對大部分人來說是共同的難題，因此我們的心理健康福利 Intellect 分享了「行為改變四大法則」，協助你在新的一年有個好的開始。這些實用策略能讓你保持動力、維持節奏，並在過程中看到自己的進步。</p> <p>也別忘了透過平台上的內容，例如《建立健康習慣》和《克服分心》，陪你一路向前！</p> <p>如果您們還沒有準備好，現在就透過 電腦/手機 使用 Intellect，預約 輔導/關懷/全面 課程吧！</p> <p> 網頁版</p> <ol style="list-style-type: none">1. 瀏覽 app.intellect.co (please hyperlink here) 然後按一下「註冊」2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」**3. 使用你的工作電子郵件創建帳戶 <p> App版</p> <ol style="list-style-type: none">1. 選擇「我是新使用者」(I'm new here)，然後選擇「以組織身份」(With your organisation)2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」(Continue with SSO)**3. 使用您的工作電子郵件創建帳戶 <p>*請使用您所在企業的唯一登入代碼</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

**只限支持單一登入的企業

Thai

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<p> พร้อมสร้างนิสัยที่ทำได้จริงในปีหรือยัง แค่ใช้วิธีที่ถูกต้อง ทุกอย่างก็ง่ายขึ้นได้มาก</p> <p>การรักษาความสม่ำเสมอเป็นสิ่งที่หลายคนทำได้ยาก ซึ่งเป็นเหตุผลที่สวัสดิการด้านสุขภาพใจ Intellect ได้นำเสนอ “4 กฎการเปลี่ยนพฤติกรรม” เพื่อช่วยให้คุณเริ่มต้นปีใหม่ได้อย่างมั่นคง กลยุทธ์แบบใช้งานได้จริงเหล่านี้จะช่วยให้คุณมีแรงจูงใจ เดินหน้าต่อเนือง และเห็นความก้าวหน้าของตัวเองไปเรื่อย ๆ</p> <p>อย่าลืมดูคอนเทนต์บนแพลตฟอร์มอย่าง การสร้างนิสัยที่ดีต่อสุขภาพ และ การรับมือกับสิ่งรบกวน!</p> <p>หากคุณยังไม่เคยใช้งานมาก่อน คุณสามารถเริ่มใช้งาน Intellect ได้ทั้งบน เดสก์ท็อป/ โน้ตบุ๊ก เพื่อเริ่มต้นการจองเซสชัน การโค้ช/ การดูแล/ แบบองค์รวม</p> <p> ผ่านเว็บไซต์</p> <ol style="list-style-type: none">1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน”2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”**3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p> ผ่านแอป</p> <ol style="list-style-type: none">1. เลือก “ฉันเป็นผู้ใช้ใหม่” (I’m new here) ตามด้วย “เข้าใช้งานด้วยองค์กรของคุณ” (With your organisation)2. ใช้รหัส CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO” (Continue with SSO)**3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ</p> <p>**สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Vietnamese


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<p> Bạn đã sẵn sàng để xây dựng những thói quen thực sự duy trì được trong năm nay chưa? Chỉ cần thực hiện đúng cách, mọi việc sẽ trở nên dễ dàng hơn rất nhiều.</p> <p>Thực hành đều đặn là điều nhiều người thường gặp khó khăn, đó cũng là lý do phúc lợi sức khỏe tinh thần Intellect gửi đến bạn “4 Nguyên Tắc Thay Đổi Hành Vi” để giúp bạn bắt đầu năm mới đúng hướng. Những chiến lược thực tế này sẽ giúp bạn duy trì động lực, giữ nhịp tiến độ và tự hào về sự tiến bộ của bản thân.</p> <p>Đừng quên khám phá nội dung trên nền tảng như ‘Xây dựng thói quen lành mạnh’ và ‘Vượt qua sự xao nhãng’ để luôn đi đúng hướng nhé!</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p> Trên máy tính</p> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here)	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

<p>2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</p> <p>3. Tạo tài khoản bằng email công việc của bạn</p> <p>Trên ứng dụng</p> <p>1. Chọn "I'm new here" (Tôi là người mới), sau đó chọn "With your organisation" (Với tổ chức của bạn)</p> <p>2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))**</p> <p>3. Đăng ký bằng địa chỉ email công việc của bạn</p> <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp</p> <p>**áp dụng cho tổ chức dùng SSO</p>	
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Japanese

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<p> 今年こそ、「続く習慣」を身につけませんか？コツさえつかめば、習慣づくりがもっと簡単に！</p> <p>継続することは、多くの人がつまずきやすいポイント。だからこそIntellectでは、「行動変容の4つの法則」をご紹介します、今年を気持ちよくスタートできるよう皆さんをサポートします。実践的なアプローチでやる気を保ち、勢いをつくり、そして過程の中で自分の成長を実感しましょう。</p> <p>後回し癖の改善 や モチベーションの欠如 などのコンテンツを活用して、今年目標にしっかりと寄り添う習慣づくりを始めましょう！</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホからコーチング/ケア/ホリスティックセッションをご予約ください。</p> <p>ウェブ版</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してアカウントを作成 <p>アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してサインアップ <p>*組織固有のアクセスコードを使用してください。</p> <p>**SSOを持つ組織のみ</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p> <p>PDF version</p>

Korean

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<p> 올해는 정말로 꾸준히 실천할 수 있는 정말 오래 가는 습관을 만들어 볼 준비가 되셨고 싶나요? 올바른 방법만 알면 훨씬 더 쉽고 가볍게 시작할 수 있어요.</p> <p>많은 사람들이 습관을 꾸준히 유지하는 데 어려움을 느끼곤 합니다. 그래서 정신 건강을 지원하는 Intellect가 '행동 변화의 4가지 법칙'을 소개합니다. 이 실용적인 전략들은 여러분이 동기 부여를 유지하고, 흐름을 이어가며, 그 과정에서 이룬 작은 성취를 기쁘게 축하할 수 있도록 도와줍니다.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version</p> <p>PDF version</p>

'건강한 습관 형성하 만들기'와 '산만함 극복하기' 같은 플랫폼 로 꾸준한 실천을 이어가 보세요!

아직 시작하지 않으셨다면, **데스크톱/ 모바일** 기기에서 Intellect에 접속하여 **코칭/ 케어/ 종합** 세션 예약을 시작해 보세요.

🖥️ 웹에서 이용하기

1. app.intellect.co 접속하기 **(please hyperlink here)**
2. 액세스 코드 **CODE***를 입력하거나 / "**SSO**로 시작"을 클릭하기
3. 업무용 이메일 주소로 계정 생성하기

📱 앱에서 이용하기

1. "**I'm new here**" (신규 회원 가입) 선택 후 "**With your organisation**" (회사 계정으로 가입) 선택하기
2. 코드 **CODE***를 입력하거나 / "**SSO**로 시작" 클릭하기
3. 업무용 이메일 주소로 가입하기

*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요

****SSO**를 사용하는 조직에만 해당합니다

Bahasa Indo

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<p>👉 Siap membangun kebiasaan yang benar-benar bisa bertahan tahun ini? Yang diperlukan adalah pendekatan yang tepat untuk membuatnya lebih mudah.</p> <p>Menjaga konsistensi memang jadi tantangan untuk banyak orang, dan itulah mengapa manfaat kesejahteraan Intellect membagikan <i>4 Hukum Perubahan Perilaku</i> untuk membantu Anda memulai tahun dengan langkah yang tepat. Strategi praktis ini bisa membantu Anda tetap termotivasi, menjaga momentum, dan merayakan kemajuan Anda.</p> <p>Tetap di jalur yang benar dengan konten platform seperti Membangun Kebiasaan Sehat dan Mengatasi Gangguan Fokus!</p> <p>Jika kamu belum melakukannya, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>🖥️ Di Web</p> <ol style="list-style-type: none">1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Continue"2. Masukkan kode akses CODE*/ Klik "Continue with SSO"**3. Buat akun menggunakan alamat email kantormu <p>📱 Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih "I'm new here", lalu "With your organisation"2. Masukkan kode akses CODE*/ Klik "Continue with SSO"**3. Daftar menggunakan alamat email kantormu <p>* gunakan kode akses unik organisasimu</p> <p>**hanya bagi organisasi yang memiliki SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

Spanish

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<p>🕒 ¿Listo para crear hábitos que de verdad se mantengan este año? Con el enfoque adecuado, todo puede ser mucho más fácil.</p> <p>Ser constante es algo con lo que la mayoría luchamos, por eso nuestro beneficio de bienestar, Intellect, comparte las <i>4 Leyes del Cambio de Comportamiento</i> para ayudarte a empezar el año con buen pie. Estas estrategias prácticas pueden ayudarte a mantener la motivación, seguir avanzando y celebrar tus progresos.</p> <p>Mantente en camino con contenido de la plataforma como Construir Hábitos Saludables y Superar las Distracciones.</p> <p>Si aún no lo has hecho, comienza con Intellect en tu computadora o celular y agenda tu sesión de coaching/ bienestar/ cuidado holístico.</p> <p>🖥 En la web</p> <ol style="list-style-type: none">1. Visita app.intellect.co. (please hyperlink here) y haz clic en "Inscribirse"2. Ingresa el código de acceso CODE* o selecciona "Continuar con SSO".**3. Crea tu cuenta con tu correo electrónico laboral. <p>📱 En la app</p> <ol style="list-style-type: none">1. Selecciona "I'm new here" y luego "With your organisation".2. Ingresa el código CODE* o selecciona "Continue with SSO".**3. Regístrate con tu correo electrónico laboral. <p>*Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>




Portuguese (Brazilian)

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<p>🕒 Pronto para criar hábitos que realmente durem neste ano? Com a abordagem certa, tudo fica bem mais fácil.</p> <p>Manter a consistência é difícil para muita gente, e é por isso que o nosso benefício de bem-estar, Intellect, está compartilhando as <i>4 Leis da Mudança de Comportamento</i> para você começar o ano com o pé direito. Essas estratégias práticas ajudam você a manter a motivação, persistir e reconhecer seus avanços ao longo do caminho.</p> <p>Continue no caminho certo com conteúdos da plataforma como Construindo Hábitos Saudáveis e Superando Distrações!</p> <p>Comece a usar o Intellect no desktop/celular e agende uma sessão de treinamento/cuidados/holística.</p> <p>🖥 Na Internet</p> <ol style="list-style-type: none">1. Acesse app.intellect.co (please hyperlink here) e clique em "Cadastrar-se"2. Insira o código de acesso CÓDIGO*/ Clique em "Continuar com o SSO".**3. Crie sua conta usando seu e-mail de trabalho <p>📱 No aplicativo</p> <ol style="list-style-type: none">1. Selecione "I'm new here" e em seguida "With your organisation"2. Utilize o código CÓDIGO*/ Clique em "Continue with SSO".**	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>

3. Registre-se usando seu e-mail de trabalho

***use o código de acesso exclusivo da sua organização**
****somente para organizações com SSO**

Bahasa Melayu

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<p> Sedia membina tabiat yang betul-betul kekal tahun ini? Dengan cara yang sesuai, semuanya boleh jadi lebih mudah.</p> <p>Konsisten bukanlah sesuatu yang senang untuk kebanyakan orang, sebab itu manfaat kesihatan mental kami, Intellect, berkongsi 4 <i>Undang-Undang Perubahan Tingkah Laku</i> untuk bantu anda mulakan tahun dengan langkah yang betul. Strategi praktikal ini boleh membantu anda kekal bermotivasi, terus maju, dan menghargai perkembangan diri sepanjang perjalanan.</p> <p>Kekal di landasan yang betul dengan kandungan di platform seperti Membina Tabiat Sihat dan Mengatasi Gangguan!</p> <p>Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di komputer/ alat mudah alih anda untuk menempah sesi kejurulatan/ penjagaan/ menyeluruh.</p> <p> Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Cipta akaun menggunakan alamat e-mel kerja anda <p> Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)2. Masukkan kod CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda</p> <p>**hanya untuk organisasi dengan SSO</p>	<p>Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version PDF version</p>